



February 2, 2009

# IVHInsights

## NEWS FROM PERSONNEL SERVICES

by Dennis Mack

Administrative Services asked IVH to use the paperless payroll stub system for employees using direct deposit. 60 state departments use this system successfully. Many of you use it now and find it beneficial. Even if you are not on direct deposit you can still use the system. Any employee can access the secure website at <https://www.egov.state.ia.us/warrants/> and log on using your state user ID and password.

No one can access your information but you. Once logged on you will find all of the information that is on your pay stub including leave accruals, usages, balances and tax status information. In addition, you can access payroll warrant details for the previous and current calendar year. Payroll inserts are on-line, and information is available the Wednesday before payday (money not available until Friday as usual).

Copies of pay warrants can be printed. We will trial this for several pay periods so you can become familiar with it. During the trial you will continue to receive your payroll stub. Once the trial is over employees on direct deposit will no longer receive a pay stub.



## Commandant's Corner

Welcome to the new IVH newsletter! This bi-weekly communication will be distributed every-other Monday morning via an email link. IVH Insights will be copied and distributed to the same areas as the Friday Sheet, will be available on SharePoint, and can be found on the IVH website ([www.iowaveteranshome.org](http://www.iowaveteranshome.org)).

PR/Marketing Director Lisa Purvis and Ann Hogle from Performance Improvement will be co-editing this new newsletter. You may contact either Lisa or Ann via inter-department mail, voicemail or by e-mailing [ivhinsights@ivh.state.ia.us](mailto:ivhinsights@ivh.state.ia.us). They are very excited to begin this new method of communication for both residents and staff.

I want to take this opportunity to thank Pat Williams for her absolute dedication to the Friday Sheet for the past several years. Pat has worked tirelessly to make sure the IVH Community received pertinent information,

while sharing great graphics with us. So if you see Pat – don't forget to thank her.

Veterans Day at the Capitol was held on Thursday, January 22<sup>nd</sup> at the Capitol in Des Moines. This annual event drew hundreds of veterans from across the state to advocate for issues and programs. IVH residents and staff attended the event. The IVH Choir was welcomed with a standing ovation in the House of Representatives and again in the Capitol Rotunda as a prelude to Lt. Governor Judge.

The IVH has an aggressive legislative agenda that primarily seeks to protect the funding needed to continue to provide high quality programs and services.

*Commandant Dan Steen*

**Pictured above l to r:** Dave Winjum (IVH), Mark Minear (IVH), Sen. Daryl Beall, Lisa Purvis (IVH), Kent Hartwig (IA Department of Veterans Affairs). More pictures on page 3.

## Welcome to IVH - New Employees



*Pictured left to right:*

Patrick McGill, Psychiatric PA  
Susan Butler, Switchboard Operator  
Ashley Hackler, Psychology Intern, ISU  
Shannon Fogle, LPN, D4  
Stephanie Perry, RTW, D2  
Stephanie Kyle, LPN, M4S  
Rebecca Ledvina, LPN, D4



*Caring:*  
Our only reason for being

## EMPLOYEE HEALTH

by Patti Sharp

### February TB Tests

All employees with February birthdays whose last names begin with letters M through Z are required to have a TB test. The test will be administered in Employee Health on the following date and time:

Monday, 02/02/09  
6:15 AM to 8:30 AM  
2:00 PM to 3:15 PM

The test will be read on:  
Thursday, 02/05/09  
6:15 AM to 8:30 AM  
2:00 PM to 3:15 PM

If you need to make other arrangements, contact Teresa Keith at ext. #507. Testing must be completed by the end of the month



**IVH Insights** is a bi-weekly publication of the Iowa Veterans Home.

### Co-Editors

Lisa Purvis—PR/Marketing

Ann Hogle—Performance Imp.

To submit news or questions, please email:

[ivhinsights@ivh.state.ia.us](mailto:ivhinsights@ivh.state.ia.us)

Call ext. 485 or

send to PR/Mktg Dept.

## News from Continuous Improvement by Ann Hogle



**CHANGE** – that scary little 6 letter word. Well, Dack 4 is changing and they are doing it in the interest of person-centered care. They have made so many positive changes; I couldn't wait to hear what residents had to say. This morning as IVH staff prepared a hot "made-to-order" breakfast, residents were smiling and satisfied. One was hurrying to eat before his IT job started; several were enjoying each other's company while sipping hot coffee or juice. Floyd Patten said, "The toast was hot enough to melt my butter!" He went on to say how lucky he felt to live on D4. Floyd said the new self-scheduling for staff is so nice for residents because they always know the staff person working.

They feel comfortable talking with their regular staff, who already know them. He thinks this is one of the best changes yet. Floyd and his roommate Red were talking about how nice it is to get up whenever they want to get out of bed in the morning; it's all about what "they" want. They spoke about how great it is to have fun with the nursing supervisors Jan and Candy while they cook the breakfasts each week. Floyd and Red are happy to have the popcorn popper for popcorn whenever they want. Staff seem so much more relaxed, according to Floyd.

I spoke with some staff who felt things were going well with all the changes. Heather Smith said she loves her more flexible schedule. She feels like the unit is much more relaxed.

The self-scheduled unit is still a work in progress

however, and the unit continues to iron out the wrinkles.

Other changes on Dack 4 include, bread makers on the unit, toasting bread instead of the toast coming up with the trays, primary RTWs for residents, and movie nights. Many more items remain on the list for future initiatives, but staff and residents are enjoying the many positive changes already in progress.

Even though Dack 4 is showcased here, many units are undertaking initiatives towards person-centered care. Watch for updates in future IVH Insights.



Pictured top of page Floyd Patten; above is staff cooking on Dack 4

## Training Updates by Wayne Pierson

Starting the month of Training on February 4th will be an opportunity to hear a dynamic speaker. Shannon Zetterlund, former 2 time Mrs. Iowa, will be at IVH to share a day of motivation and positive attitudes. She will be speaking for staff in Whitehill Aud. from 9:00-11:00 and from 2:30-4:30. A Bonus Session will be in the Malloy LRC that day from 1:00-2:00 for residents, staff or anyone that wishes to attend. She is the type of person that will light up a room and your spirits. Plan to attend.

Other events in the month will include the 2 Day RTW Mental Health Training on the 10th and 11th.

Also the make up session for CCDI Training that was cancelled on 1/13 is rescheduled to March 2nd. Blitz dates for February are the 12th and 18th. The ICN "Geriatric Grand Rounds" will be held on 2/18 with Dr. Judith Crossett speaking on "Pharmacologic Management of Behaviors in Dementia". Contact the Training Office for any questions or help you may need.



## Veterans Day at the Capitol (1/22/09)



**Left:** The IVH Choir performs for the Iowa House of Representatives  
**Above:** Rep. Jodi Tymeson and American Legion Iowa Adjutant John Derner

## FOOD AND NUTRITION SERVICES

by Mark Freland and Jane Linnenbrink

We are proud of Sandra Frahm, RD/LD, who was recently invited to become a member of the Steering Committee for the Iowa Person Directed Care Coalition. IVH receives recognition for allowing Sandra to serve on the steering committee. She has attended two meetings thus far. The IPDCC was instrumental in reviewing and changing the language in the Iowa Administrative Code that nursing home providers saw as a barrier to implementing person directed care. The revised rules were adopted in January 2007. Sandra will be a valuable resource for the coalition as well as a conveyor of ideas between the coalition and IVH.

## Admissions Department by Doug Freeman

### The Cottages

Property valuation has changed considerably during the history of the IVH Cottages. Today, \$5000 would build little, but in 1890 this amount was enough to build a row of 10 cottages at the Iowa Veterans Home which are still in use.

In April 1892, the Iowa General Assembly authorized and directed the Board of Commissioner; the Home's governing body at that time, to build the cottages for an amount to not exceed \$500 each. The one story wooden structures first used to house honorably discharges soldiers, sailors, marines, and their wives, were completed February 8, 1893 and opened for admission. On March 3 of that same year, the first family was admitted to the cottages.

Not just any honorably discharged veteran and /or his wife could live in the cottages. The commissioners' report said they were intended "for those whose advanced age, physical infirmities and financial condition most strongly appealed for aid from the state.

Today the cottages are used by staff members, students, visitors of IVH residents and residents participating in the community re-entry or cottage programs.

## Thank you to IVH

"As I leave IVH, I'm not really retiring, just changing. Changing is difficult as we say good-bye. I want to tell you all how much you have meant to me & to say thanks, but those are only words and do not seem adequate.

I remember a sermon about living your life like each day was your last. I had those feelings the last few weeks. I told people I will miss them & their friendship & support. Staff and residents have shared those things with me. Why do we wait until the end when it would have made each day here so much better if we did this every day?

Kind words & appreciation do so much to restore and recharge us.

I leave with mixed emotions. I will miss coming to work each day, and miss all the people. I will come back and volunteer, but until I see you again, please take care of yourselves and take care of each other. Then IVH will be the best it can be. Life is what we make of it and I'm glad I had the opportunity to share it with each of you."

From Sue Kitzman, 10 year employee (Switchboard & Cashiers), retired January 30<sup>th</sup>



Sandra Frahm, RD/LD



## IVH Website Calendar

Submit your event information on the IVH website calendar. Its quick and easy and the calendar is available to staff, residents, and the community. Log on to [www.iowaveteranshome.org](http://www.iowaveteranshome.org) and click on "Calendar" to begin.

## Upcoming Events

| Day  | Date    | Time                | Event                             | Location             |
|------|---------|---------------------|-----------------------------------|----------------------|
| M/W  | Feb 2-4 | 6:30-8:30 am/2-3 pm | Winter Wellness sign-up           | Employee Health      |
| Tues | Feb 3   | 9:30 am-3:30 pm     | Valic Deferred Rep at IVH         | Ford Conf. Rm        |
| Wed  | Feb 4   | 10:00 a.m.-4:00p.m. | Hartford Deferred Rep at IVH      | Ford Conf. Rm        |
| Wed  | Feb 4   | See Training News   | Shannon Zetterlund "A Day of Joy" | Whitehill            |
| Mon  | Feb 9   |                     | Winter Wellness program starts    |                      |
| Wed  | Feb 11  | 3:00 pm             | Resident Council Mtg              | Malloy LRC           |
| Wed  | Feb 11  | 6:00 pm             | MYP Sip Savor Support Event       | Elmwood Country Club |
| Fri  | Feb 13  | 1:30 pm             | Red Hat Ladies Social             |                      |
| Sat  | Feb 14  | 3:30 pm             | Salute to Hospitalized Veterans   |                      |
| Sat  | Feb 14  |                     | Valentines Day                    |                      |

## Announcements

**Winter Wellness Program – "Around the World in 80 Ways."** All IVH and ABM staff are invited to participate. All types of exercise will be converted to miles and progress will be posted weekly on a world map for eight weeks. Fasting blood glucose & lipids will be drawn Feb. 10<sup>th</sup> and February 11<sup>th</sup> (cost of \$10).

**Canteen menu** information please refer to the IVH SharePoint where monthly menus can be obtained. The Cafeteria menu can also be found on SharePoint.

**Words cannot express** the gratitude I feel to all of you for the amount of support my family and I have received regarding the death of my mother. It helps! God Bless you all.  
*Russ Pape, Safety Officer*

**Reminder the IVHInsights** will be sent out the first and third Monday of each month. A link will be sent to all staff via e-mail and copies will be located in all the places the Friday Sheet could be found for residents.

## Rehab Services Update *by Penny Cutler-Bermudez*

### Facts about our Wheelchair Services Department

Today at the Iowa Veterans Home we have 59 motorized wheelchairs and 323 manual wheelchairs. Just three years ago we had 125 motorized wheelchairs and 354 manual wheelchairs.

Because the interdisciplinary teams have made a concerted effort to keep residents at their highest level of functioning we have been able to see a positive decline in the number of motorized wheelchairs. The encouragement and the support for keeping our residents walking or propelling a manual chair has positively impacted the overall health of the residents that we all serve. Maintaining the ability to complete the activities of daily living by transferring or ambulating is so easily lost if our residents do not continue to stay active. Quality of life includes functional independence and maintaining ambulatory status.

The use of motorized vehicles also presents a safety issue for those who are ambulating in the halls.

There are a variety people at the Iowa Veterans Home who has contributed to this change. It will take all of us working together to continue to promote health and encourage our residents to maintain their highest potential. Let us continue to collaborate together for those we serve.

